

## 108 學年度穀保家商語文競賽-英語文-高一朗讀題目

### Healthy diet

Tom seldom did sports. He liked eating pizza, fried chicken, and cake for dinner. On Saturday nights, he usually watched TV and ate several packs of potatoes for relaxing. Tom was fatter and fatter. He got tired easily. Tom's family was worried about him. Tom went to the doctor. His doctor said that Tom needs a healthy diet. He learns some do's and don'ts from his doctor

. First, he should drink enough water and eat some meat every day. Also, he should eat a lot of fresh fruit and vegetables. Every weekend, Tom goes jogging in the park.

Finally, he can't eat too much candy or junk food. Now, every evening, Tom eats rice, meat, and vegetables for dinner. After dinner, he seldom eats ice cream or popcorn. He eats only some fruit like guavas or papayas. He is thin and healthy now, and his family is happy about that.